

Carmarthen Harriers athletes in Welsh inter regional athletics championships

Hundreds of Carmarthen Harriers members have competed with distinction for Dyfed county (pre 1998) and for West Wales in the end of season Welsh inter county or Welsh inter regional athletics championships

Every single member has contributed to the success of the West Wales teams

At the present time it is only possible to list the Carmarthen Harriers 204 individual gold medal winners in the Championships since 2004. There have been many more silver and bronze medal winners as well

Also, before 2004 there have been many individual gold medals won by Carmarthen Harriers members

It has been a privilege since 1990 to witness the efforts and successes of all the Carmarthen Harriers members in the Welsh inter county and the Welsh inter regional athletics championships

Hedydd Davies
22 August 2020

Year	Medal	Carmarthen Harriers athlete performance
At Brecon 26 August 2004	Gold U15	Michael John JT (46.53m); Michael John SP (13.08m) Rachel Marfleet 1500m (5.02.04); Catrin Vaughan 75mH (11.99)
	Gold U17	Bruce Tasker 200m (21.91); Bruce Tasker 400m (51.70) Craig Davies HJ (1.80m); Samantha Jones 80mH (12.14) Victoria Buxton JT (35.00m)
	Gold U20	Mathew Evans SP (14.29m)
	Gold Senior	Anwen Rees 100H (15.15); 400H (62.35); Anwen Rees 400m (58.38) Richard Stubbs PV (3.40m); Caryl Jones 3000m (11.00.71)
At Carmarthen on 27 August 2005	Gold U15B	Trystan Davies SP (12.52m); Jamie Stubbs PV (2.40m) Kueni Igbagiri LJ (5.63m);
	Gold U17M	Nick Jones 3000m (9.05.28); Daniel Evans 100mH (14.51) Mathew Evans DT (45.60m); Michael John JT (52.49m)
	Gold U20M	Bruce Tasker 200m (22.79); Owen Jones TJ (13.38m)
	Gold U15G	1 Danielle Hamer JT (35.20m); Angharad Davies 1500m (5.09.27) Sophie Pick 1KW (7.33.03); Jade Pearce DT (26.47m) Catherine Goldsmith SP (10.29m)
	Gold U17W	Hannah Pick 300mH (49.69); Victoria Buxton JT (36.33m) Mari Fenton TJ (9.69m);
	Gold U20W	Caryl Granville 400mH (64.57); Rachel Marfleet 3000m (11.00.70); Sara Beynon-Thomas 1500m (5.43.35); Caryl Granville TJ (10.95m); Bethan Thomas HJ (1.50m); Kylie Clarke JT (32.48m)
At Cardiff on 27 August 2006	U15B Gold	Tomas Coleman 100m (12.09); Antoine Woodman 400m (53.71) Xien Witt PV (2.70m); Tomos Edwards SP (13.23m)

		Tomos Edwards DT (39.70m)
	U17M Gold	Dewi Griffiths 300m (9.07.57); Josh Madden HJ (1.80m) Michael John JT (55.01m)
	U20M Gold	Bruce Tasker 400m (49.13); Craig Davies HJ (1.85m) Harry Mostyn TJ (13.48m); Mathew Evans SP (15.48m)
	SM Gold	Paul Clarke 400m (50.83); Paul Clarke 800m (1.56.83) Wynne Evans 1500m (4.08.72); Gwyn Bellamy 3000m (8.53.57)
	U15G Gold	Mary Wilson JT (32.97m)
	U17W Gold	Emily Mitchell 100m (12.57); Emily Mitchell 200m (26.28) Alaw Beynon-Thomas 300m (43.88); Kayleigh Brown 1500m (4.46.59); Caryl Granville 80mH (12.02); Caryl Granville 300mH (44.60); Hannah Pick HJ (1.45m); Danielle Hamer JT (38.12m)
	SW Gold	Anwen Rees 400mH (60.91); Sara Siggery JT (42.31)
At Connahs Quay On 26 August 2007	U15G Gold	Sadie Flint SP (8.64m)
	U17W Gold	Danielle Hamer JT (38.32); Angharad Davies 1500m (4.57.3);
	SW Gold	Sara Siggery JT (39.08m)
At Brecon on 31 August 2008	U15B Gold	Luke Parker 1500m (4.38.46); Rheon James SP (13.85m) and DT (41.18m)
	U17M Gold	Nicky Morrell 3000m (.34.74); Dafydd Walters 100mH (14.78); Dafydd Walters 400mH (63.81)
	U20M Gold	Jack Davey 1500m (4.20.73)
	SM Gold	Stuart Loughran JT (63.18m)
	U15B Gold	Sean Bergiers HJ (1.65m)
	U17M Gold	Gerwyn Slinger 400m (52.08) and 800m (2.01.93) Emyr Jones PV (3.56m); Rheon James SP (13.79m)
	U20M Gold	Dafydd Walters 110mH (15.17) and 400mH (57.15) Michael John JT (56.96)
	SM Gold	Wynne Evans 1500m (4.41.03); Owen Jones 110H (15.71) and TJ (13.46m); Harry Mostyn LJ (6.42m)
	U17W Gold	Aneura Phillips 1500m (4.59.26m); Sadie Flint JT (27.20m)
	SW Gold	Alaw Beynon-Thomas 1500m (4.53.91) Caryl Granville 100mH (14.80) and 400mH (65.96) Catherine Goldsmith HJ (1.55m) and SP (10.52m)
At Swansea on 30 August 2009	U15G Gold	Awen Rosser SP (9.92m) and DT (25.62m) Carys Mansfield JT (31.55m)
	SW Gold	Alaw Beynon-Thomas 1500m (5.02.87) Caryl Jones 3000m (9.56.09); Caryl Granville 100mH (15.69) and 400mH (61.75); Sara Siggery JT (42.97)
	U15B Gold	Mathew Davies 100m (11.88), 200m (24.19) and LJ (5.68m) Daniel Blain 80mH (11.96);
	U17M Gold	Paul Bennett 200m (22.63) and 400m (50.14); Emyr Jones PV (4.10m)

	U20M Gold	Gerwyn Slinger 800m (1.58.60); Adam Bitchell 1500m (4.07.13); Tomos Edwards SP (14.32m) and DT (35.00m) Josh Madden JT (51.43m)
At Cardiff on 29 August 2010	U15G Gold	Erin Walters LJ (5.04m)
	Over 17W Gold	Alaw Beynon-Thomas 1500m (4.46.15)
	U15B Gold	Rhys Granville 800m (2.02.78); Kallum Lee Evans SP (12.53m) DT (33.59m) and HT (29.54m)
	U17M Gold	Lloyd Heckler 1500m Sc (4.47.68)
	U20M Gold	Dafydd Walters 110mH (15.06); Paul Bennett 400mH (56.41) Kueni Igbagiri Lj (6.58m); TJ Glen Elsdon (12.04m)
At Connahs Quay on 28 August 2011	U15G Gold	Erin Walters Lj (5.19m)
	U17W Gold	Kari O'Neill 3000m (11.14.70); Enfys Jones PV (2.50m)
	Over 17W Gold	Ffion Rees LJ (5.12m)
	U15B Gold	Shaun Perce 100m (11.63) and 200m (24.12) Nikita Neary 800m (2.06.19); Gwion Jones Lj (5.08m)
	17M Gold	Rhys Granville 800m (2.01.58); Daniel Blain 100mH (13.49) Aaron Willmott 400mH (59.55)
	U20M Gold	Glen Elsdon 110H (14.89)
At Cardiff on 14 July 2012	U15G Gold	Jessica Williams JT (30.39m)
	U17W Gold	Awen Rosser SP (11.27m) and DT (36.66m)
	SW Gold	Heather Jones 100mH (15.52); Ffion Rees LJ (5.15m)
	U15B Gold	Nikita Neary 1500m (4.14.20); William Mephram HT (37.10m)
	U17M Gold	Shaun Pearce 100m (11.27); Rhys Granville 400m (51.10) Aled Price 100mH (13.96) and JT (45.67m) Kallum - Lee Evans SP (13.39m)
At Newport on 01/09/2013	17W Gold	Rachel Donnison 100m (12.89) and 200m (26.72)
	SW Gold	Sophie Pick HJ (1.60m)
	U17M Gold	Christian Lovatt 3000m (9.32.29); Nikita Neary 1500m Sc (4.50.61)
	SM Gold	Glen Elsdon 110mH (16.03); Aled Price JT (48.46m)
At Swansea on 31 August 2014	U15G Gold	Alicia Samuel LJ (4.94m)
	U17W Gold	Amelia Davey 1000mW (5.22.92)
	SW Gold	Rachel Donnison 100m (12.76); 200m (26.27) and 400m (59.01)
	U17M Gold	Tim Williams 100mh (14.78) Dwayne Griffiths 1500m Sc (4.54.65)

At Colwyn Bay on 29 August 2015	U15G Gold	Danielle Jones DT (30.52m)
	U17W Gold	Ellie Kiff 3000m (11.27.20)
	U15B Gold	Ben Thomas 3000m (10.00.69); Connor Evans DT (42.53m) Joe Worrall SP (13.51m); Carwyn Morris JT (41.46m)
	SM Gold	Aled Price 110mH (16.20); Ashraf Liles 2000m Sc (6.32.86) Aaron Morgan JT (56.17m)
At Brecon on 27 August 2016	U15G Gold	Lili Church HJ (1.60m)
	U17W Gold	Alicia Samuel Lj (4.87m); Olivia Haines TJ (10.37m) Danielle Jones DT (30.56m)
	SW Gold	Sophie Pick HJ (1.45m)
	U17M Gold	Carwyn Morris JT (47.50m)
	SM Gold	William Edwards HJ (1.90m); Aled Price 110mH (15.44)
At Brecon on 26 August 2017	U15G Gold	Lili Church HJ (1.68m); Ellie Tromans 300m (42.96)
	U17W Gold	Danielle Jones DT (32.79m)
	U20W Gold	Carys Jones PV (3.00m)
	SM Gold	Aled Price 110mH (15.99)
At Brecon on 25 August 2018	U15B Gold	Jac Walters HJ (1.70m); Dafydd Waters 1000mW (6.06.42)
	U17M Gold	Archi Morgan 1500m Sc (4.59.64)
	SW Gold	Alicia Samuel 100m (11.89) and 200m (24.87) Lauryn Davey 100mH (15.89) and SP (10.44m)
At Aberdare on 4 August 2019	U15G Gold	Zara Evans LJ (4.65m); Jessica Lee 100m (12.60) and 200m (26.00)
	U17W Gold	Beca Roberts TJ (10.69m); Lili Church HJ (1.69m)
	U13B Gold	Liam Upton-Boorman 1000mW (7.05.64m)
	U15B Gold	Osian Roberts HJ (1.65m); Frank Morgan 3000m (9.24.73)
	U17M Gold	Dafydd Jones 1500m (4.14.64); Morgan Batten JT (46.34m)
At Swansea on 2 August 2020		Cancelled due Coronavirus

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